

# Attitude!!

**Do you have a positive attitude about losing weight?**

Your attitude has everything to do with your ability to be successful! A negative attitude is a sure-fire path to failure... But a **POSITIVE ATTITUDE** almost guarantees success!

Here are some tips for having a positive attitude:



- **Think Positive Thoughts.**  
Be aware of your thoughts. Whenever a negative thought comes to mind, counteract it with a positive thought. Keep a list of positive thoughts in mind.
- **Think, “I am a good person, and I am worth the effort!”**  
This is self improvement, and I am proud of what I am doing”.
- **Set small, achievable daily goals.**  
For example: “Today I’m going to take a 20 minute walk at lunchtime”. Then, do it! A positive attitude is built through small successes.
- **Reward yourself often for achieving your goals.**  
Pat yourself on the back! Go to a movie. Buy yourself something nice. Do lots of positive self-talk!
- **Surround yourself with positive people.**
- **Be kind to yourself through the ups and downs of your weight control efforts.**  
A positive attitude will help you prevail.

**MOVE!**

